

# Holistic Wellness Program



-  **All-Levels Yoga**  
Saturdays @ 10:30-11:30am  
Southeast Library
-  **Chair Yoga**  
3rd Wed of each month @ 10am  
Dove Springs Recreation Center
-  **Chair Yoga**  
Fri, Jan 31 & Feb 21 @ 10:30am  
Yarborough Library
-  **Slow Flow + Sound Healing**  
4th Sat of each month @ 1:30-2:30pm  
My Vinyasa Practice- Highland Studio
-  **Nourishing Flow**  
1st Saturdays of each month @ 1:30-2:30pm  
My Vinyasa Practice- SoCo Studio
-  **Learn to Row (18+)**  
4th Thursday of each Month (March-May)  
6-7:30pm  
Austin Rowing Club
-  **Taller Abierto: Painting Workshop (15+)**  
4th Sat of each month @ 2-4pm  
John Gillum Branch Library (North Village)
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-  **Women's Circle (16+)**  
Sundays Feb 9, Mar 16, Apr 13 @ 3:30-5pm  
The Center for Arts + Healing
-  **Taller Abierto: Lending Library Painting (18+)**  
Tuesdays, Jan 14 -Feb 18 @ 9-11am  
Dove Springs Recreation Center

The Holistic Wellness Program attends to the needs of the total person while remaining rooted in our Latino/Mexican American cultural identities. True wellness is a combination of Physical, Social, Environmental, Financial, Intellectual, Emotional/Mental, Occupational, and Spiritual aspects and, like the diversity of our people, deserves to be nourished and cultivated to enrich individual lives and uplift our community.

## FREE!

Digital Calendar



\*\*Todas las clases son bilingües - inglés y español\*\*

-  **Voice/Guitar/Songwriting Lessons: Beg/Inter (15+)**  
Mondays @ 4-5pm  
Windsor Park Library
-  **Guitar Lessons (15+)**  
Tuesdays @ 3-4:15  
George Washington Carver Museum  
• Beg: 3-3:30pm / Inter: 3:45-4:15pm
-  **Will Clinic**  
Saturday, February 1 @ 9am-3pm  
Hardie Alcozer Law Firm
-  **Film Screening: A Most Beautiful Thing**  
Thursday, February 6 @ 6-8:30pm  
George Washington Carver Museum
-  **Salsa Basics and Social**  
Saturday, February 8 @ 5pm  
Corazon Latino Dance Studio
-  **Budgeting Workshop**  
Wednesday, February 12 @ 6-7:30pm  
Little Walnut Creek Library
-  **Volunteer Appreciation Celebration**  
Thursday, February 20 @ 6-8pm  
Hardie Alcozer Law Firm
-  **Cine de Oro**  
Tuesday, Feb 25 & Apr 29 @ 9-12pm  
Conley Guerrero Senior Activity Center
-  **Volunteer Club - Central Texas Food Bank**  
Thurs, March 6 @ 1-4pm  
Central Texas Food Bank
-  **Genealogy 101**  
Saturday, March 8 @ 1-3pm  
George Washington Carver Genealogy Center
-  **4th Annual Day of Wellness**  
Sunday, March 23 @ 8am-12:30pm  
Sunset Valley Community Garden



**Emma S. Barrientos**  
**Mexican American Cultural Center**

# Holistic Wellness Program

**February-March 2025**

**All-Levels Yoga:** Focuses on body awareness, connection with the breath, with gentle movement, and time for meditation and relaxation. The library has mats to share.

**Chair Yoga:** A gentle form of yoga that can be done seated in a chair. These modifications make yoga accessible to people with various physical abilities.

**Slow Flow + Sound Healing Yoga:** Join us for a serene and rejuvenating yoga experience that combines gentle yoga poses, breathing techniques, and guided relaxation with sound healing bowls to help calm the mind and enhance overall well-being. Great for all levels!

**Nourishing Yoga:** A gentle and restorative yoga class that invites you to reconnect with your body and breath. Through mindful movement, soothing breathwork, and the healing power of sound, we'll cultivate a deep sense of relaxation to support the nervous system in finding balance.

**Learn to Row (18+):** Join us on Lady Bird Lake to be introduced to sweep rowing (using one oar) in a training barge. Learn rowing stroke basics, how to stay safe on the water and handle the rowing equipment. Expect a fun, beginner friendly, and lively experience. Pre-registration required.

**Taller Abierto Painting Workshop:** Art classes for all levels. Includes exploration of different techniques. All materials provided! Pre-registration required.

**Drumming Lessons:** Learn to play drums influenced by West African, Afro-Latin and contemporary styles. Class starts with a movement warm up, then use drums bells, and shakers to learn basic rhythms and play as a group. Drums provided - feel free to bring your own drum or percussion instrument.

**Women's Circle (16+):** Join us to share in plática (heart-centered conversation), self-care practices, and canto (song). This is a time to connect with others, nurture yourself, and refill your cup under the light of the full moon.

**Voice/Guitar/Songwriting Lessons:** Join award winning song-writer Javier Jara for voice, guitar and songwriting lessons. Skills addressed: left and right hand technique, chords, arpeggios, strumming patterns, vocal technique, and songwriting approaches. Please bring your own guitar. Pre-registration requested by January 24.

Southeast Library  
5803 Nuckols Crossing Rd, 78744  
(512) 974-8840

Yarborough Library  
2200 Hancock Dr, 78756  
512 974-8820

John Gillum Library (North Village)  
2505 Steck Rd., 78757  
(512) 974-9960

Windsor Park Library  
5833 Westminster Dr, 78723  
(512) 974-9840

George Washington Carver Museum  
1165 Angelina St, 78702  
(512) 974-4926

George Washington Carver Genealogy Center  
1165 Angelina St, 78702

George Morales Dove Springs Recreation Center  
5801 Ainez Dr, 78744  
(512) 974-3840

My Vinyasa Practice- Highland Studio  
109 Jacob Fontaine Ln Suite 800, 78752  
(512) 435-7589

My Vinyasa Practice- SoCo Studio  
8534 S Congress Ave, Building 2, 78745  
(512) 435-7589

Hardie Alcozer Law Firm  
1501 S. MoPac Expy Suite 150, 78746  
(512) 374-4922

The Center for Arts+ Healing  
10202 Wommack Rd, 78748

Austin Rowing Club  
74 Trinity St, 78701  
(512) 831-4922

Corazon Latino Dance Studio  
6132 W US Hwy 290 Service Rd, 78735  
(512) 326-3000

Central Texas Food Bank  
6500 Metropolis Dr, Austin, TX 78744  
(512) 326-3000

**Questions or Feedback?**  
Contact Lorie Martinez at  
[maccwellness@austintexas.gov](mailto:maccwellness@austintexas.gov)

[austintexas.gov/esbmacc](http://austintexas.gov/esbmacc)

**Guitar Lessons:** Join accomplished musician Mauricio Callejas for guitar lessons for beginners (finger placement, strumming, sight-reading) and intermediate (chord progressions, ear training, reading sheet music) students. Please bring your own guitar. Pre-registration requested by January 24.

**Will Clinic:** Our goal is to help community members create basic wills, ensuring their wishes are legally documented and their families are protected. We want to help individuals gain peace of mind about their estate planning. Pre-registration required by January 24.

**Film Screening- A Most Beautiful Thing:** The film chronicles the first African American high school rowing team in this country (made up of young men, many of whom were in rival gangs from the West Side of Chicago), all coming together to row in the same boat. An amazing story. Based on the memoir by Arshay Cooper.

**Salsa Basics and Social:** Learn basic steps and body movements that define this popular Latin American dance. No prior experience or partner is needed. Refreshments will follow. Pre-registration requested by Wed, Feb 5.

**Budgeting Workshop:** What is your money personality and how does it affect your daily finances? Learn how to track your expenses and create a spending plan to start an emergency fund or prepare for large purchases. Facilitated by Business Community Leaders of Texas. Pre-registration requested by Thurs, February 6.

**Volunteer Appreciation Celebration:** Reception event to honor and recognize our ESB-MACC Volunteers who help make our events successful! Folks interested in volunteering are also invited to attend - we will be sharing upcoming opportunities.

**Cine de Oro:** Join us for a screening of a film from the golden age of Mexican cinema. Lunch will be served.

**Volunteer Club - Central Texas Food Bank:** Get a behind-the-scenes look at how donated food gets from the community to Central Texans in need. You'll inspect, sort, clean, box and prepare donations for distribution. Pre-registration required by Feb 28.

**Genealogy 101:** Participants will learn that the journey into their ancestral past starts with them. Tools to assist them in this journey will be presented. These tools will help with what and how to record; how and where to do research; and tips on organizing their research. After the presentation, participants will get hands-on-experience by using the on-site computers to log into FamilySearch. Pre-registration requested.

**4th Annual Day of Wellness:** We'll have a full morning of family-friendly activities: birdwatching, gardening, yoga & meditation, cooking demo, arts and crafts activities, music and more. Pre-registration required.



Emma S. Barrientos  
Mexican American  
Cultural Center

The City of Austin is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request. For assistance please contact (512) 974-3772 or Relay Texas 7-1-1.

**1.22.25**